

Burnout Worksheet

Activity 1: Burnout Assessment

Take a few minutes to reflect on your current life and answer the following questions. Please consider your life from your personal, professional, organizational, and societal perspectives.

1. List as many things you consider stressors in your daily life.

Stressors	Type ¹	I manage my stress by:	Rate ²

¹ Type of Stressors: 1 – Personal, 2 – Professional, 3 – Organizational, 4 – Societal

² Rate: 1 – No benefit countering stress, 2 – Some benefit countering stress, 3 – Moderate benefit, 4 – Feel fully restored after performing

2. Indicate whether this stress is a result of personal, professional, organizational, or societal pressures?
3. Circle chronic or ongoing stressors.
4. List as many things you do to manage your stress.
5. Rate how effective each activity has on your overall wellbeing.

Activity 2: Build Your Presence Awareness Activity

- **Concentration:** How frequently are you able to focus to the point that the rest of the world fades away?

- **Transformation of Time:** Are you able to transform time, either speed it up or slow it down?

- **Clarity of Goals:** How frequently do you understand what needs to be done, or understand and desire a successful outcome?

- **Understand Reward:** Do the tasks and the deliverables you are working-on have value to you or the organization? Do you understand the context of what you are doing and the benefits that will be gained?

- **Immediate Feedback:** Do you receive/get immediate feedback to guide further actions?

- **Balance between Challenge and Skill:** How often are your high skill tasks balanced with a manageable amount of challenge?

- **Feeling in Control:** How often do you feel that the challenge or difficulty-level of your tasks are a good match for you? Do you feel in control of your work or that they are beyond or below your capability level?

- **Balance of Effort and Ease:** Assess your fatigue level at the end of the day.

- **Actions and Awareness are Merged:** Are the tasks you perform like a second nature?

- **Presence:** How much of your day are you living in the moment? Aware of your feelings, emotions, sense of purpose?

Activity 3: Take an Energy Inventory

- Consider your day, start at the morning, and list every activity you do. (Yes, even getting out of bed and brushing your teeth.)
- Next to each activity indicate whether it gives (+), saps (-), or doesn't change (0) your energy.

[illegible]

- What trends do you see?

- How can you maximize the activities that give you energy?

- How can you minimize tasks that drain your energy?

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